

SANDY LAM

CERTIFIED PILATES INSTRUCTOR



MY GOAL AS YOUR
PILATES
INSTRUCTOR IS TO
HELP YOU
STRENGTHEN &
MAINTAIN A
HEALTHY MIND &
BODY

Training Philosophy:

I am excited to share my passion for Pilates with my clients and guide them in achieving their own fitness goals. Coming from the dance fitness field where I have taught U-Jam for over 2 years, I feel that Pilates has dramatically improved my flexibility and strength, especially in my core. Whether your goal is longevity, better mobility, improved posture or balance, peak sport performance, rehab from injuries, or simply feeling and looking good, I will help you! It is rewarding for me to help you get stronger and healthier, along with seeing your smiles at the end of the session.

Experience:

Pilates Instructor– Since 2015

Pound Instructor– Since 2015

U-Jam Fitness Instructor– Since 2013

Yoga Instructor - Since 2012

Certifications:

- Balanced Body Comprehensive Pilates Instructor
- RYT 200 Hrs Yoga Certified
- EBFA Barefoot Training Specialist
- BOSU Mobility and Stability
- AFAA Group Exercise Instructor
- First Aid & AED for Adult & Child

Education:

- B.A. in Interior Architecture Design, San Diego State University, CA

Interests:

Dancing, Pilates, Yoga, Badminton, Playing Guitar & Piano, Movies, Reading and Watching NBA



SAN MATEO
ATHLETIC CLUB
AT
COLLEGE OF SAN MATEO

PROVIDING THE
EXOS
EXPERIENCE



Mindset



Nutrition



Movement



Recovery